

Physical Education at Lakelands Primary School promotes physical activity and a healthy lifestyle. Students explore how physical activity affects our bodies, develop Fundamental Movement Skills, and build on game tactic knowledge. The sport program incorporates teamwork, self-reflection, courage, resilience, and fun to develop the whole child. Physical education helps builds leadership traits, co-operation skills, confidence, self-esteem, and problem solving

Students in Year 1 to Year 6 have a one-hour lesson of sport each week. During Physical Education lessons children are introduce to a wide range of sports as well as skill sets, and tactics involved. Students train and participate in two annual whole school sport events. The faction carnival held in September at school and the cross country held in June at Black Swan Lake.



Senior sport is available for Year 5 and 6 students every Friday afternoon. This program opens opportunities for students to learn new sports, excel at their chosen sports and compete against other schools within the Coastal Lakes region. Upper primary students can represent Lakelands in League Tag Rugby, AFL, Tee ball, Basketball, Volleyball, Netball, Soccer, Cross Country, Athletics and Cricket events hosted throughout the year.

